The Changing Landscape of Training Plans

Interactive Learning Lab

Jennie Fiendish CVT, VTS Behavior, CPDT-KA, FFCE, FFCT, LSHS, CFVP

Agenda

- Learn how to make a simple treatment and training plan that include management and behavioral modification.
- Learn when you should reassess and change aspects of the plan
- Learn how to customize the plan for the specific needs of the pet.
- Work as a team to come up with recommendations that will improve patient progress and a favorable treatment outcome.



The Treatment Plan; Our Roadmap to Success!

- The ‘Map’ that we and the client follow
- Training progress isn’t linear
- There are lots of highs and lows
- The tires you start with may need to be changed along the way
- Triangle of M’s
  - Management
  - Medication
  - Modification
- Plan should always have safety in mind



Management- The Motor in Our Car



- Management prevents exposure to the trigger which prevents worsening
  - Each exposure strengthens the emotions and the behaviors that are associated with them
- Giving cats a ‘stimulus vacation’
- Safety must be taken into consideration
- Some management recs can be changed if clients can’t do them but some cannot

- F.I.T. Management
  - Separation
  - Full gates and full visual
  - Harnesses, cat enclosures
- Resource Increase and distribution
- The rest of the 5 pillars
- Repair human relationships

Medications- Supreme Fuel for the Training Tank!

- Medications can decrease arousal and fear which can facilitate better learning
- Start meds or supps early if possible
- If training first, reassess often
- Ask how medications are working at each session
- If client reports anything but progress, we should consider change



Modification- Traffic School!!

- Changing already practiced behaviors and emotions is TOUGH!
- Foundations behaviors
  - Event Marker (clicker), recall, targeting, stationing
- Counterconditioning and Desensitization
  - Play, engage/disengage, tricks



Detour Ahead!

- Plans may need changes due to
  - Management failure
  - Client compliance
  - Household changes
  - Lack of training
  - Lack of training progress
  - Medication changes
- Be flexible with changes
- Look outside the box as needed




SHALL WE PLAY A GAME?

How we’re going to play this game

- Three Groups
- Each make a preliminary treatment and training plan
- Every 5 minutes a new “roadblock” will occur that may or may not affect your plan.
- You will work as a team to change your plan.



Ricky & Thomas



- Ricky 5yr, FS and Thomas 4yr, MN
- Moved in home together 2 years ago, Ricky was resident
- Separated for week initially
- Thomas has been aggressing towards Ricky ever since. Clients have tried reintroducing several times following guidelines, but have not made progress.
- Cats are separated with a see through barrier and hiss and swat through the barrier 2-4 times daily.
- Clients have taught Thomas to sit with a clicker
- Thomas has been started on fluoxetine 0.5mg/kg

- **Assumed Treatments**
- Full visual and physical separation
- Marker training
- Target training
- Recall
- Fluoxetine at 0.5mg/kg

2nd session, 2 weeks after initial

- A
- Ricky is targeting very well. Thomas swats at the target

- B
- Thomas targets very well. Ricky isn't interested in training.

- C
- Both Ricky and Thomas aren't interested in training, the clients report that they won't eat the kibble they're using for training.

3rd session, 3 weeks after initial

- The clients just had a baby which has caused Rifky to hide all the time and now Thomas has not been engaged in training.

- Clients feel Thomas's medications aren't helping.

- The clients have added a new cat to the home and now Ricky and Thomas are aggressive towards it. The kitten has been sharing spaces with both cats.

4th session, 5 weeks after initial

- Clients report that Thomas isn't taking his medications. Theyn stopped a few weeks ago after he ran out. His aggression to Ricky has increased and he has had a more difficult time training.

- A new Tom cat has been hanging outside of the window and has caused Thomas to redirect more of his aggression towards Ricky.

- During a training session, Thomas slips through the door and attacks Ricky.

5th session, 7 weeks after initial

- After training daily and Thomas has been easily able to perform foundation skills at a distance of 6 feet from Ricky.
- Thomas was able to sit on his station and watch Ricky play with a toy. Ricky was able to play with a toy at a distance of 12 feet.
- Clients are only able to give Thomas his pills about every other day and aren't sure they're working.

6th session, 11 weeks after initial

- During a training session, Thomas slips through the door and attacks Ricky.

- The clients have not done any training due to health reasons and have just been keeping the cats separated, They feel that it takes too long to do training.

- Thomas has been able to stand with the door open and play while Ricky is in the opposite room playing.

How did you do?????

- What was the most difficult roadblock?
- Did you find it easy or difficult to recommend alternatives?
- What was the most difficult roadblock today?



Thank You!

Jennie Fiendish

CVT, VTS Behavior, CPDT-KA, FFCP-E, FFC-T, LSHS, CTDI, CFVP

jenn.synergybehavior@gmail.com

SYNERGY VETERINARY BEHAVIOR



Marbles Elizabeth Pound Cake